



# LIFE/CORE Breakfast Menu

Breakfast is served in the school cafeteria daily.

Student Breakfast \$2.25

Extra Student/Adult Breakfast \$2.75

## BREAKFAST MENU

Meal includes entrée, fruit, and/or 100% fruit juice, and milk. Students must take a fruit and/or juice to qualify for the meal price.

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Donuts	Chicken Biscuit	Mini Waffles	Bagel with Cream Cheese	Mini Cinnis

*\*Menu is subject to change\**

## DAILY BREAKFAST MENU

- Choice of Cereal Kit or Pop Tart Kit Available Daily
- Fruit and/or 100% Fruit Juice
- Milk

*Breakfast is served in all buildings on 2-hour delays – menus may be altered to accommodate.*

## BENEFITS OF BREAKFAST

- Children who eat breakfast are more likely to behave better in school.
- Breakfast improves attention, problem-solving tasks, and memory.
- Eating breakfast can help improve math, reading, and standardized test scores.
- Studies have shown that children who eat breakfast regularly are less likely to be overweight.

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